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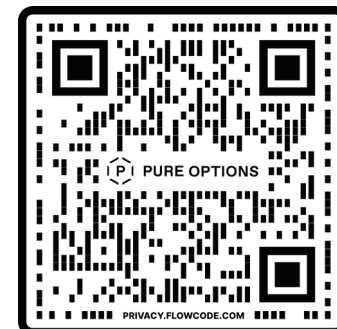
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A NOTE FROM THE EDITOR

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coverage on
our website,
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com.

Why make an entire print edition feature the opinions of *Central Michigan Life* staff and an advocate for democracy? Well, for our last print edition of 2023 we talked about the need for students to use their voice and contribute to difficult conversations. By holding ourselves accountable, we decided it was only fitting that our first print edition of 2024 to revolve around our staff participating in these conversations.

We have mainly utilized the editorial as a way to get a cohesive opinion on behalf of the entire staff. This time, we created an opportunity to share some of our own individual voices and stories to overtake the entire edition.

CM Life is a newsroom filled with incredibly talented reporters, photographers, designers, podcast specialists, social media managers and advertising managers. However, we are also students and people that have our own life experiences and beliefs.

Everyday we work to be transparent and unbiased to fulfill our duty as journalists and storytellers. These are the foundational principles we hold near and dear, but for this print edition we wanted to share with our readers our own unfiltered beliefs. Everyone is biased to one thing or another, whether they would like to admit it or not. Nevertheless, our opinions are based on personal experiences and facts that we have observed on the job or generally in life.

So, why not learn what our staff's hidden beliefs are behind the scenes?

To our readers, we encourage you to share your own beliefs and stories with us. Just try it. *CM Life* is always accepting letter to the editors and guest columns. If you are interested in contributing to difficult conversations this 2024, submit your stories to editor@cm-life.com.

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Photo illustration

Visuals editor | Nico Mendoza

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| OPINION

Something to care about

By Lauren Rice
News editor

What is grief, if not love persevering? A heavy concept to be presented in an episode of “Wandavision” on Disney+, but a valuable lesson all the same.

A few days before Christmas, I found out that a student at the high school I graduated from had taken his own life. It took a while for the death to really sink in. When it did, it hit hard: empathy for the parents experiencing something a parent should never have to feel and seeing posts from students who were going to miss him terribly.

The community outreach was immediate and heart-warming. Students shared their favorite memories and started a fundraiser to help with funeral expenses.

The student, whose name I won’t share for the sake of his family’s privacy, was part of the band program. He laughed and learned in the same music rooms where so many of my high school memories were made. It was the same room that hosted a candlelight vigil in his honor two days after Christmas.

But retrospectively I wondered why I had that hesitation. Why the death of someone whose own experience overlapped with mine didn’t sink in for an hour. And I think it’s representative of a larger issue: apathy.

When we watch or read the news, we’re often presented with numbers:

- Reuters estimates that 17,487 Palestinians have been killed since Oct. 7, 2023.
- United Nations News estimates over 10,000 Ukrainian civilian deaths since the beginning of Russia’s full-scale invasion, as of November 2023.
- New York Times reported troop deaths and injuries in the same Ukraine-Russia war are near 500,000. This is from both sides and approximate.

But what do those numbers really mean? Each was once a living, feeling person. What’s left behind is a family that holds their memory along with the weight of their loss. And beyond that family is

a community that feels the aftershock of a single death.

Anne Frank, most remembered for the publication of her diary as a Jewish person hiding from persecution in Nazi Germany, once said in a now-famous quote that dead people get more flowers than living ones because regret is stronger than gratitude.

Loss is the kind of thing that brings people together, whether it’s the martyr who brings a cause to a head, or a community’s interdependence in mourning.

This is not a lecture on coping with loss, but rather a reminder of all of the individual moments that surround the losses, conveyed across oceans as numerical totals instead of real stories.

That desensitization makes

it easy to dismiss and easy to avoid processing and feeling. But that’s a real problem. And it feeds into the larger point that I’m trying to make.

Our goal with this edition was to ask ourselves and our community what we want to see this year, and my answer: empathy. I want to see people care about each other and what they do.

My Dad has five rules for life, and the first is that you have to care. About feelings, people, anything and everything that gives life color.

It’s overwhelming to try to care about everything. When we consider all of the possible things to worry about or be concerned about, it adds up quickly. Rather than become an alarmist and list things to

fear, what I will ask of you is that this year you find something to love. Something that reminds you of the beauty of the world despite the darkness.

Do I sound like a foolish, starry-eyed dreamer yet? I hope so. I might be a skeptic, but I pity a pessimist. There’s a little (or a lot) of dreamer left in all of us, and I’m a firm believer that love, care and passion will create the change so many of us wish to see in the world.

So what am I asking of you this year? Look up at the stars, and find something to care about.



Photo credit: Shutterstock



Headshot of Lauren Rice

GUEST COLUMN: A threat to our democracy

By Bryan Whitledge
Public Services Librarian, Clarke
Historical Library

There are variations of a four-word phrase that have been uttered quite a bit in the past few years by politicians, media pundits, educators, historians and more: “Threats to our democracy.”

For some, these words are terrifying. For far too many, they are merely four words out of the mouths of some nerds that could mean anything and nothing all at the same time.

So, why is it that “threats to our democracy” are troubling to me and others?

Democracies — as well as the freedoms that are engendered in democratic forms of government — are not inevitable. The rights to “life, liberty and the pursuit of happiness” were considered inalienable by the crafters of the United States Declaration of Independence.

But these rights are only inalienable when a government respects them. And governments only respect rights when governments are accountable to the people.

According to the Freedom House’s “Freedom in the World 2022” report, authoritarianism is on the rise (i.e., governments that aren’t accountable to the people). Nearly four in 10 people in the world live in a country that is “Not Free.” Another 40% live in “Partly Free” countries, and only two in 10 people on this planet live in “Free” countries.

Fortunately for those in the U.S., we can count ourselves in that 20% who live in “Free” countries. Of course, this doesn’t mean everything is rosy — we have much more work to do to create the more perfect union to which we strive.

Unfortunately, it turns out, our progress toward that more perfect union is slipping. The “Freedom in the World 2022” report notes that the U.S. freedom score has declined by 10 points on the Freedom House 100-point scale since 2013.

Part of this decline is surely due to our collective lack of understanding of government and civics. One statistic from the American Bar Association’s 2023 Survey of Civic Literacy can shed light on the larger story of awful civics literacy in the U.S. Only 5% of people



Aurora Abraham | Staff photographer

The United States Capitol, Nov. 14, 2023 in Washington, D.C.

can name the five freedoms protected by the First Amendment. Twenty percent of people couldn’t name one freedom!

My fear is that a survey of the Central Michigan University’s student body would result in similar statistics. We can try to sugarcoat such numbers and make excuses. Those of us who are compassionate might try to be understanding of the limits on people’s time or the historical conditions that might make many skeptical of our government.

At worst, we say that it is okay if people don’t know the specifics of how our government works, as long as they have “the gist.”

The truth is that the lack of understanding of our government that we have the right to engage is horrifying. And it won’t get better simply by hoping that it gets better. It takes work and an investment of time and resources.

For individuals, one has to do the work to stay informed. One must seek out differing viewpoints that are grounded in accurate facts. We must talk to each other, even when we don’t

agree.

To be sure, we don’t get to have our own sets of facts that fit our desired narrative. Misinformation is among the biggest threats to democracy. We must hone our information literacy skills if we want to sort truth from fiction.

Yes, that work to get informed might be tedious and boring. But that is the price we must pay for our democracy. A few hours of time to know what is on the ballot and how it affects you and your community isn’t too expensive.

Second, if one imagines our democracy as a big table, there is an open seat for you if you seize the opportunity (voting, writing a letter to policymakers, etc.). Nobody is going to specifically invite you to the table, but that doesn’t mean you don’t have a seat.

And what happens if you don’t seize that opportunity to engage in our democracy? Well, those who have designs on shaping our democracy in a way that benefits them and their friends will be happy to exclude you from the conversation. Then, they can get what they want, which could be bad news if they want to continue to chip away at

our democracy. So, grab your seat at the table.

Third, for our society, we need to improve civic education. At the K-12 level, our education infrastructure needs to put an emphasis on civics in a way that is similar to the focus on Science, Technology, Engineering and Math (STEM). We also need to vociferously push back against policies that limit the accurate teaching of history and civics.

At the higher education level, we do a great job preparing students for the workforce, and we need that same preparation so students leave with the skills and knowledge to be engaged citizens. To that end, classes that fit the definition of civic education shouldn’t be “elective,” unless we consider our democracy to be similarly optional.

The threats to our democracy are not yet the daggers to the heart that destroy our freedoms. But they could be.



Photo courtesy of Bryan Whitledge.

Bryan Whitledge, an archivist with the Clarke Historical Library, shares his view of the true threat to our democracy.

Surviving winter on campus

How to not slip on the sidewalks and parking lots

By Lauren Pocica
Staff reporter

Living in the Midwest comes with its very own set of challenges, from melting in the scorching summer sun to braving the frosty bitterness of winter. Even seeing it all within 24 hours, we in Michigan have to be prepared for anything and everything.

As someone who grew up in the south suburbs of Chicago and now goes to school at Central Michigan University, I have had my fair share of winter experiences.

Walking to class during the winter, which in itself isn't ideal, I have not only endured the wind and blistering cold but have slipped walking on the sidewalks through campus.

Jonathan Webb, is the associ-

ate vice president for Facilities Management, oversees all of the daily operations maintenance engineering and landscape operations teams.

"CMU has 29 miles of sidewalks, 24 road lane miles, 83 parking lots and five outdoor synthetic sports fields," Webb said. "CMU averages between 60-80 winter weather events per year, where staff respond with surface treatment and plowing."

He said CMU winter operations begin with reviews of the 10-day National Weather Service forecast in which, if needed, staff from CMU Police, Landscape Operations, Student Affairs, Athletics and Park Library communicate to start preparing.

Webb said they receive one budget for the entire year.

"We don't receive a specific

budget for it because it can vary so widely," Webb said. "If we do have a winter event though, we have to respond."

Unsalted sidewalks

Last winter, coming from the Towers dorms complex, making my way to Pearce Hall and walking up that slight incline to the doors, I have noticed that certain areas of campus are hardly salted or not salted at all, making it dangerous for students to walk through.

As I'm making my way up to the doors, I stepped and suddenly fell on my hands and knees which caused bruising on my knee and scrapes on my hands.

Although I was able to get up with a lot of caution as the area was still slippery, I realized I was more embarrassed than physically hurt so I made my way into

the building for class.

The next day came as I walked the same path to class, being careful as to not fall again, maybe even too careful. I was walking when I started losing my balance and couldn't believe it.

I fell again. The same way on the same path, on my already bruised knee injuring myself further.

It could be argued as my fault for not paying attention or why I didn't just take another path to class, but my real concern is for those who have stories like mine and how walking to class can be a potential hazard if not taken care of properly.

Webb said they have different ways to deal with snow and ice on campus.

"The staff have small, medium

and large plows to address campus sidewalks, roads and parking lots," Webb said. "Custodians remove snow that is close to most buildings on campus, while building maintenance workers focus on hard surfaces around residence halls."

He also said that they prioritize certain routes called critical paths over parking lots and other sidewalks.

"The critical path is a route along CMU sidewalks that connect all buildings on campus," Webb said. "The clearing of roads ensures police and other emergency responders can access each building."

It can take up to four days to fully clear out surfaces, Webb said

"(We) move snow piles to prepare for the next storm and

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routinely treat hard surfaces for ice that is created from daily snowmelt,” Webb said.

Parking lot plows

It’s understandable that slipping on ice happens, almost a given in the winter season. One thing we can count on to protect us on the roads are snow plows. Driving in the snow is no walk-in-the-park but a test on your driving skills.

Plows are also responsible for going through our parking lots, making it easier for us to drive in and out.

My experience in the Towers dorm: Parking in Lot 39 during the winter is not the smoothest.

As the plows come by shoveling the snow in the parking lot, it does make it easier for us to see the parking spaces and navigate through the lot. The problems begin when we realize all the snow they are plowing gets pushed to the side, creating a wall between our tires and the clear lot.

Having to use the dented dorm shovel on the back door of Kessler Hall before buying my own, I spent up to 10 minutes shoveling my tires out of the snow.

This is when I realized: I wasn’t the only person with this problem. As I was making it back to the door to put the shovel back, someone had asked me if they could use it to shovel their tires out just as I did.

Webb said that there are many factors that go into preparing for a winter storm such as when precipitation is expected to start, the intensity, temperatures and wind speed.

“A snowfall of 0.1 inches an hour is usually manageable, while 1-2 inches per hour of snow can make for a challenging response,



Marie Underwood

Junior Austin Lobsinger tosses snow off a step Wednesday, Feb. 22 at Northwest Apartments. Lobsinger and three others were tasked to shovel all of Northwest’s front door steps that afternoon during the snow storm.

depending on the type of snow and total accumulated snowfall,” Webb said.

All these factors are taken into account when CMU decides whether or not to have a delay in opening or closure for that day, Webb said.

He also made clear the responsibilities of Facilities Management especially in parking lots.

“CMU’s responsibility is to plow sidewalks, roads, parking lot drives and parking spaces,” Webb said. “To avoid damaging vehicles, crews primarily plow parking lot drives as parking spaces are plowed before and after vehicles arrive and leave.”

Webb said every driver in Michigan should be prepared for winter weather.

“It is each individual’s responsibility to remove snow from and around their vehicle,” he said.

Useful tools and advice

With these two experiences, I have learned what tools or objects I would need to avoid or alleviate

the inevitable ‘perks’ of winter.

For sidewalks and walking to class, I learned it’s better to wear winter boots that can grip the ground and create traction as you walk. If winter boots are out of the question, to avoid ice, I simply just walk in the snow where the grass would be. I’d rather get my shoes a little wet than have to endure the physical pain and potential embarrassment of slipping on ice.

Brad Doecker from the Mount Pleasant Fire Department said it’s important to have a number of things with you in your car or at home for winter and other emergencies.

“It would be important to have a blanket or even a silver heat reflective blanket, hats, gloves, boots, shovel and a small amount of sand or salt,” Doecker said.

Doecker also listed a number of things that would be of importance to keep in your car when already on the road:

- Cell phone and charger

- First aid kit
- Flash light and flares with a white flag
- Jumper cables and tire pressure gauge
- Jack and ground mat for changing a tire
- Work gloves and change of clothes
- Repair tools and duct tape
- Water and paper towels
- Non-perishable foods and medicine
- Extra windshield washer fluid
- Maps
- Emergency blankets, towels and coats
- Ice scraper

Doecker said if an emergency was to happen, it would be important to stay in your car and don’t overexert yourself.

“Let your car be seen, put bright markers on the antenna or windows and keep the interior dome light on,” Doecker said. “Be mindful of carbon monoxide poisoning and make sure your exhaust pipe is clear of any snow.”

He also said that you should run your car but only for a necessary amount of time.

“Run your car sporadically ... just long enough to stay warm,” Doecker said. “Don’t run your car for long periods of time with the windows up or in an enclosed space.”

As for plowed parking lots, I would purchase a mini shovel to keep in your car. I am convinced that the dorm shovel being there was pure luck. It’s important to be prepared for situations like that as to avoid using your hands to shovel your car out ... and no one wants that.

Driving in the snow

Transportation in the winter is very difficult and comes with its own set of challenges from turning the car on to accidents.

David Coffman is a public information officer of the Mount Pleasant Police Department. He said that it’s important to stay home when you can during the winter time.

“Give plow trucks a chance to get out and clear the roads,” Coffman said. “If it’s a necessity that you go out, give yourself ample time to reach your destination.”

It’s important to take your time while on the road, he said.

“The best way to reduce accidents is to slow down ... if you do end up in an accident, the damage is minimal,” Coffman said. “Keep your eyes on the road and avoid any distractions while driving, slow for traffic signals early and be aware of changing road conditions.”

Coffman said that there are five keys to the Smith Driving System to avoid any car accidents:

Aim high in steering: Look ahead a minimum of 15 seconds. Scanning the

road for possible hazards and looking for an emergency ‘out’ in case of an issue.

- Get the big picture: Keep a seven second minimum following distance. Scan mirrors every five to eight seconds.
- Keep your eyes moving: Avoid focusing on any one object for more than two seconds.
- Leave yourself an out: Anticipate potential hazards and plan to avoid it.
- Make sure they see you: Eye contact with other drivers can help avoid accidents.
- If you were to ever find yourself in an accident, Coffman advised to stay calm and take deep breaths.

“After a crash, you could feel a wide range of emotions, all are normal,” he said. “Just take a few deep breaths and count to ten to calm down.”

Coffman said if you can’t exit the car or it’s not safe, stay in your seat with your seat belt fastened and call 911 to report the accident.

“If there are no injuries and your vehicle is drivable, make a reasonable effort to move the vehicle off the main travel portion of the roadway,” Coffman said. “Once (at) a safe location, dial 911 and an on duty police officer will come help.”



Headshot of Lauren Pocica

Different views of Mount Pleasant

Look through the eyes of urban, suburban and rural students

By Quinn Deighan, Bar Belian, Renae King
Staff reporters

For many, college is a fresh start that provides the first step towards independence as students move away from their hometowns. The transition can be both exciting and nerve-racking as they navigate their new environment and discover new things and people.

However, not every student finds this transition to be easy. For some, the shift from the hustle and bustle of city life to the seemingly more laid-back pace of a smaller town can be less than optimal and can pose a unique set of challenges and adjustments.

This story will look into the perspectives of three students from different backgrounds — rural, suburban and city — after they moved from their hometowns to Mount Pleasant to attend Central Michigan University.

Rural Perspective

As I come from a small, rural community in the thumb of Michigan, I was used to accepting and embracing the comfortable familiarity provided by my hometown.

Caro, Michigan has a population of roughly 4,300 people and is only 2.954 square miles — a lot smaller than Mount Pleasant.

Familiar faces and the unchanging scenery of well-known neighborhoods became a defining feature of my life.

This was something I had always found to be uniquely charming and comforting about my hometown.

Of course, the small-town life also had many drawbacks.

For one, the town practically shut down by 9 p.m., leaving limited options for those seeking late-night activities — mostly confined to the McDonald's and Taco Bell drive-thrus, Walmart and a couple of local bars.

Diversity, too, was a scarce commodity, both in the people

and businesses that shaped the community.

My high school graduating class of 111 had only a few students of color, compared to CMU. According to the preliminary enrollment numbers for the Fall 2023 semester, the university had 2,668 BIPOC (Black, Indigenous, and people of color) students and 1,734 international students.

So, while Mount Pleasant may not be the epitome of Michigan's diversity, it stands light years apart from the homogeneity of my hometown.

As a journalism major at CMU, I have spent a lot of time talking with individuals from diverse backgrounds. These conversations have introduced me to people of varying sexual identities, races, ethnicities and religions, broadening my perspective and granting me a greater understanding of the world by sharing their stories with me.

Considering all of this, moving to a larger city was quite a significant and eye-opening change for me and exposed me to an entirely new world of people and cultures.

Everything is more fast paced, and everyday it seems as though there is something new and exciting happening.

While some might find the Mount Pleasant lifestyle stifling, especially those accustomed to larger cities, for me, it has been a gateway to embracing the unknown and discovering joy in the seemingly limitless opportunities a larger community affords.

Renae King is a senior news reporter at Central Michigan Life.

City perspective

Mount Pleasant is a place that has about 21,000. Being from a city that has about 8 million people — Chicago metro area —, Mount Pleasant has been a drastic change for me.

Not in a bad way, though.

I have lived in the same place my whole life, and I have been

used to certain habits and routines of living in the city. They aren't the same compared to living in Mount Pleasant for the past five months.

The first difference is that I see a lot more people I know around Mount Pleasant, since it is a college town. It is fun to go grocery shopping and just see some kids in my classes doing the same thing.

Although, there's not as much to do. In Chicago you can walk everywhere; there are stores and places to go in within a block of where you live, and you can take trains from the Northside to the Southside. For Mount Pleasant, you have to rely on driving everywhere.

On the other hand, Mount Pleasant isn't as chaotic as Chicago or any other big city.

For example, in Chicago there are constant trains and sirens going by, but for Mount Pleasant everything seems still and calm at night. It's a lot quieter and has a lot more fresh air than the city.

I love Mount Pleasant. I love living here because it's a different vibe and a change in a good way for me because I get to experience different ways of living and adapt to different routines, like walking to the gym with my friends at the Student Activities Center at CMU.

I consider Mount Pleasant my home because I have met so many new people that make it feel more like home than my actual house in Chicago.

Quinn Deighan is a CM Life news reporter.

Suburban perspective

Growing up 30 minutes from Detroit and smaller, but still sizable, cities, like Plymouth, Canton, Westland and Livonia, the change of scenery here at CMU is noticeable, to say the least.

Personally, as a freshman, having a car isn't as useful as it was when I was in a high school. The food, the local culture and the activities to do here are vastly diluted, and the closest cities to do



Visuals Editor | Nico Mendoza

Welcome to Mount Pleasant overpass on West High Street.

stuff in, like Saginaw, Big Rapids and Frankenmuth, are at least 45 minutes away without traffic.

The food in Mount Pleasant isn't very diverse or uncommon. The variety of restaurants are mostly name-brand fast food places like McDonald's, Wendy's and Taco Bell. With the exception of a rare Chinese, Korean or Mexican restaurants, there's not many other options besides bar-and-grills. In Livonia, Asian and Mexican cuisine is just as prominent as American cuisine.

This may be just about being a college student in general, but there are not many things to do off campus.

While there is a casino, I think most people aren't keen on betting, especially since college students aren't exactly the richest.

In Wayne County, people go to plenty of trampoline parks, escape rooms, go-kart arenas, ice rinks and other activities to do on any

random weekday.

However, in Mount Pleasant, similar things here are unnoticed because how isolated CMU is from the city itself.

Mount Pleasant doesn't have any major cities around, the majority of diversity and cultural representation stays only in CMU.

News Reporter Bar Belian is from Livonia, Michigan.

Feels Like Home

By Masha Smahliuk
News editor

From the shores of South India or a family kitchen filled with the smell of rich enchiladas, students from different cultures bring these experiences to Central Michigan University.

For all the student populations, *Central Michigan Life* for the first time is launching a Multicultural Student Newsletter.

The Multicultural Student Newsletter will feature stories of students from different cultures for every student to learn more about other cultures and step out of their comfort zone.

Starting in the spring 2024 semester, the Multicultural Student Newsletter will also be offered in the most used languages of international students on campus.

International students on the

CM Life staff have been recalling finding a piece of their culture in traditional food and native language when travelling around the United States, but then lacking that feeling of home in Mount Pleasant.

I myself came to the heart of the mitten on a 12-hour flight with vyshyvankas, traditional shirts, in a suitcase and Ukrainian songs on my playlist. For me, I found my second home at CM Life.

In the fall of 2023, CMU enrolled 1,734 international and 2,668 BIPOC (Black, Indigenous and People of Color) students, according to CMU's most recent data.

But we are not just a number. Each of us is a person, with our own story, with our own culture and with our own everyday battle against homesickness.

We see you.

We see that our campus is

blooming in events that our students and Multicultural Academic Student Services organize to share their culture.

We see your mind-blowing accomplishments that you make every day: from an A-plus on your English essays to the first international student being CMU Maroon Ambassador.

We see you and we see your struggles.

At CM Life, we want to hear your stories. We want to recognize you and we want you to take a stand.

The Multicultural Student Newsletter is your place to have your voice and your story heard.

We want this newsletter to be your escape to home and a resource, something you know, something written by your friends and about your culture.

Something you pick up from the CM Life racks and get the feeling



Design by Zoey Lawrence

of home.

Join our staff for the Multicultural Student Newsletter as a writer, photographer, videographer, graphic designer, podcast host, advertising manager or social media manager. Applications are

available at CM Life office, Moore 436.

Write about your experience and culture; send us your guest column or story ideas at editor@cm-life.com.

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EDITORIAL

Finding a healthy way of studying

From a family Christmas table, back to the desk in the dorms covered in homework assignments, this spring semester crawled into view just after we made our resolutions and expectations lists. And this year, we want to see something different.

This year, we want to have healthy expectations, and we expect to have a healthy way of studying.

Our staff at *Central Michigan Life* and our fellow students at CMU know well the everyday battle of the gap between what the curriculum expects from us and that is actually a healthy amount of work.

Whether a student on a scholarship or an international student, we are expected to take 15 credits per semester. But it is not the number of credits, but the load of work per course, that negatively affects our academic life.

Moreover, our staff have shared experiences of “chasing down” professors for answers and grades, having no feedback from faculty on their work or dealing with professors’ authority in the classroom.

The university expects us to take 15 credits and study three hours per credit and engage in extracurricular and participate in events and to have a social life — how much more can we take from day to day?

On top, we are expected to do all of that — but how can we afford it?

We began 2023-24 year with tuition, housing, and, parking prices increases, and now, we carry on into spring with a late withdrawal fee — a \$50 charge if a student drops off a course after the first Friday of the semester.

Many of us have to have jobs in order to afford going to CMU and to go in our pro-

fessional field. Here at CM Life, we are well familiar with the balance work at a professional newsroom and of And the problem is not in balance, but in limitations. Many students need jobs, but we are limited to 20 hours per week. We are limited to a minimum wage campus job and we are limited to a work and study.

Thus, our staff said that puts toxic expectations on us as students.

Melissa Hutchinson, executive director of Counseling Services at CMU Counseling Center, said that engaging in too much of anything, even good things like eating or sleeping, is unhealthy. That’s why, it’s important to moderate engagement, having downtime and time to process.

As each individual is unique, the way to balance engagement is going to be a personal journey through trial and error for

each of us, Hutchinson said.

It is especially important to have time to process our lives right now, because of the technology and social media that surrounds us and excess of information that it offers, she said.

“You have the world’s problems in the palm of your hand 24 hours a day,” Hutchinson said.

This pressure of technology, as well as awareness of mental health, have led to an increase in demand of counseling services, she said. Hutchinson said counseling is about empowering individuals to build on their strengths and work toward their own goals.

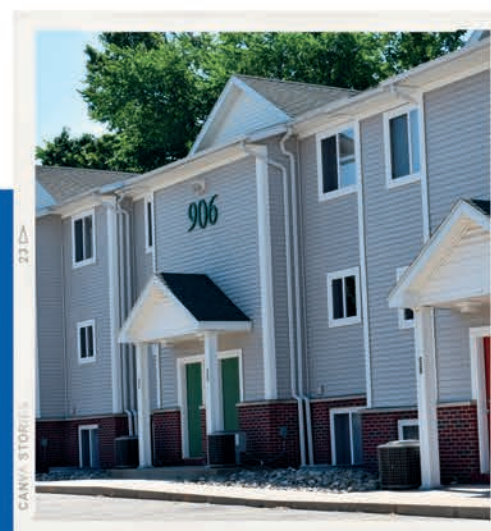
“Counseling is not about me telling you what to do that’s going to make you happy and fulfilled,” Hutchinson said. “Counsel-



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ing is about me providing a space for you, that allows you to explore what is working for you and what is not working for you.”

CMU Counseling Center offers initial appointments with counselors, and then counselors and a client develop a plan to best meet client’s needs, Hutchinson said.

Since the fall 2023, the Counseling Center also offers a crisis support hotline for after business hours at 989-774-3381.

According to the Counseling Center’s Client Evaluation May 2023 report, 87.95% of clients said the center helped them improve their overall well-being.

Last year, the Counseling Center provided its services to 1,065 students. This fall semester, 696 students received counseling

services there, Hutchinson said.

On top, since fall 2022, CMU Counseling Center hasn’t had a waitlist.

However, CMU Counseling Center faced its highest waitlist in the fall of 2021, which was over 100 students. Then, students were learning to go back to school after COVID-19 and needing mental health support, Hutchinson said.

But the big thing is being able to provide CMU students with such necessary services is having enough counselors.

“The reason that’s so difficult for me is because my goal is about supporting students and I would never want a student who needs help to not seek services here because they don’t think they can get in,” Hutchinson said.

Now CMU Counseling Center has nine and a half (sharing with another department) counselors. But to be able to provide CMU with more counseling services and prevention education, Hutchinson said

the Counseling Center needs more staff, about three or four more counselors.

Since spring 2023, CMU Counseling Center lost two counselors and was not able to hire new ones due to lack of funding, she said.

“I advocate for more counselors all the time, because I see the student needs,” Hutchinson said.

So, what do we at CM Life expect from CMU?

Going into this year, to the first classes of the spring semester, we at CM Life speak out to break the circle, to implement a healthy way of studying.

This semester we expect CMU to have a mutual respect between students and faculty, healthy pacing of courses and commitment. We expect professors to understand and accommodate students who are going through personal burdens and who have jobs.

We expect transparent and fair funding

at CMU. We expect to know if the tuition increase will happen and to get a public hearing, not an announcement on July 4.

We expect to have access to such necessary services as counseling because students need mental health support.

We expect to actually see Diversity and Inclusion Efforts implemented on campus and not just talked about. We expect them to be professional and incorporated throughout the experience at CMU, and not just a video during orientation.

We expect to have safety measures and we expect to know that the university is prepared in case of a shooting on campus.

And we expect to be treated as human beings who deserve respect, understanding, kindness and support.

Here, at CMU, this semester we expect to see our expectations to study healthy turn into “we do” a healthy way of studying.

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It's time to talk about college athletes' mental health

By Kaia Zimmerman
Sports editor

In 2015, University of Michigan football had the chance to seal the win against rival Michigan State University with less than 10 seconds remaining in the matchup. All Michigan punter Blake O'Neill had to do was get off a clean punt.

However, O'Neill ended up fumbling the snap, leading to an MSU touchdown and the Spartans coming out victorious. O'Neill's mistake not only cost the Wolverines the game, but it led to an uproar from fans. The Michigan punter started to receive death threats on social media, including people telling him to "chug bleach."

This was one of the first prime examples of how public criticism can lead to more pressure and hardships for student athletes. During the 2023 college football season, Colorado State defensive back Henry Blackburn received death threats, along with his family, after an illegal hit against Colorado star Travis Hunter.

The pressure these athletes feel to perform for others can lead to mental health issues.

According to the National Library of Medicine, around 22% of student athletes were at risk of depression, while 12.5% were at risk for anxiety.

We have seen an overall push in recent years for more of a focus on mental health and taking care of ourselves. However, a lot of time in sports, athletes are taught to suppress those feelings and keep pushing. This can be for a variety of reasons, including fear of losing playing time, pressure to perform well or fear of criticism.

Recently, Louisiana State University women's basketball star Angel Reese was absent from the Tigers' lineup for four games. Reese is a prominent figure in the women's basketball world, leading her team to a national championship in the 2022-23 season.

Reese has received a lot of attention, along with criticism, for the way that she plays the game, and also from men who can't realize how great these women athletes are. The four-



Photo credit | Getty Images

DALLAS, TEXAS: Angel Reese #10 of the LSU Lady Tigers reacts towards Caitlin Clark #22 of the Iowa Hawkeyes during the fourth quarter during the 2023 NCAA Women's Basketball Tournament championship game at American Airlines Center on April 02, 2023 in Dallas, Texas. Photo by Maddie Meyer

game break led to many discussions, including people mentioning her grades and intelligence, while also questioning her dedication to the game.

However, that wasn't the case, according to Reese. Instead when she returned, Reese said she took the break for her mental health, and if she wasn't taking good care of herself, she couldn't be a good teammate to the people around her.

"I want people to realize that I'm

not just an athlete," Reese said in a press conference. "I'm a human. I go through things."

Reese is one of the first college athletes to bring up a valuable lesson: These players are not just props that you can use for your entertainment. They are human beings.

Professional athletes have started the conversation, including Olympic gymnast Simone Biles and tennis player Naomi Osaka, who both made

headlines for taking breaks from their respective sports due to mental health reasons. However, I don't see the same conversations happening at the collegiate level.

The conversation surrounding college players prioritizing their well being over performance concerns is long past overdue.

The fact that when Reese took her break from the game, the first conclusion people came up with is questioning her love for the sport shows that work needs to be done when having conversations about mental health.

It's time to normalize what Reese did. We need to have less judgment of these athletes, and instead encourage them to take care of themselves. Because oftentimes when players prioritize getting better mentally, they can improve their game.

I have often heard the phrase, "mental health is health," and I think that should stay true in athletics. Sometimes when players aren't meeting their full potential, there is nothing physically wrong with them, they are just in their head about their performance.

It is now more important than ever that we start talking about the pressure and mental health issues athletes face because of the rise of social media. One mistake can lead to people flooding these young athletes' comment sections. This can have detrimental effects on how athletes feel about themselves and their talents as an athlete.

I understand that sports means a lot to people, and everyone wants their teams to succeed. I was having a panic attack when Michigan played Alabama in the 2024 Rose Bowl, so I get it.

However, these college athletes who are providing you with the entertainment of sports are still growing up, still learning and will make mistakes like any other human being. Criticizing them through social media or making them feel like their mental health isn't important won't solve anything.

What the transfer portal means for CMU

By Hadlee Peters
Sports reporter

The transfer portal has sent college sports into a frenzy since it was introduced in 2018. Collegiate athletics has not and will not be the same because of it.

Paying particular attention to football, arguably the biggest sport in the United States, the transfer portal is always a part of the conversation during all parts of the year, especially in the postseason.

College football already has a landscape that has been consistently changing over the past few years. The 2023-24 season brought the final four-team playoff before changing to a 12-team playoff and power five conferences are realigning themselves to make room for more money in their pockets.

These large conferences, like the Big 10, right in Central Michigan University's backyard, have the money and the resources to use the transfer portal to their advantage, getting top recruits from not just the high school level, but also the guys from other colleges that enter the portal.

But what does this mean for the Mid-American Conference and CMU? How do smaller Division I universities build talent when the grass seems to be getting greener on the other side?

First, it's important to understand what the transfer portal does and that there are rules for student-athletes who wish to enter. The portal gives athletes an opportunity to leave their current university and go play their respective sport at another university. Just because an athlete enters their name into the portal, does not necessarily mean that they have to leave and go elsewhere. Consider the transfer portal similar to free agency in professional sports.

For college football in particular, there are two windows for undergraduate athletes to enter the portal and still be eligible to play immediately the next season. Graduate student athletes can enter the portal at pretty much any time. The first window opens the day after the College Football Playoff selection. The portal is this year closed on January 2.

According to a report from Sports Illustrated College Football HQ, over 2,000 players entered their name into the portal close to the end of the day on the final day. Student athletes are allowed to transfer once without having to sit out any games.

If an athlete transfers twice it can get messy as they technically have to sit out for a year before being able to play again. It's important to mention that the transfer portal is a private database used for communication between players and coaches from other schools.

For Central Michigan, redshirt sophomore quarterback Jase Bauer entered his name in the portal the day it opened. Bauer was the starting quarterback for the Chippewas for the majority of the 2023-24 season. He is now committed to Sam Houston State, another Division I mid-major school.

Bauer was not alone when he hit the portal. Redshirt junior Safety Trey Jones has committed to Texas A&M University from CMU along with redshirt sophomore defensive lineman Quindario Lee who committed to University of Minnesota.

When I see heavy hitters that were key parts of last season, despite a losing record, it's definitely hard to hold onto hope for upcoming seasons.

Power five schools have one thing that mid majors do not. Money.

Money to be contenders in the postseason. Money to recruit the top talent in the United States. Most importantly in this case, money that schools like Central Michigan don't have.

CMU has seen talent that has gone on to write history. For example, NFL star J.J. Watt played for the Chippewas before going to University of Wisconsin. I think that we could have some history makers at CMU, but I'm also not naïve to think that the history won't be written somewhere else.

Every player who enters the portal has their own reasons. The past two years the Chippewas have not had a winning record. Donors and alumni want to see winning records and hope in a program.

One personality who has overtaken college football has been Colorado Head Coach Deion Sanders. Sanders played for Florida State and played for



Nico Mendoza | Staff photographer

CMU's redshirt sophomore and quarterback Jase Bauer celebrates making a touchdown against Notre Dame, on Saturday, Sept. 16, at Notre Dame Stadium

both the National Football League and Major League Baseball. Nonetheless, Sanders has been outspoken about using the transfer portal to his advantage, recruiting more talent from the portal than straight out of high school.

Despite the hype around Sanders, in his first year as head coach he led the Buffaloes to a disappointing 4-8 record. Sanders brought back hope into Colorado's football program despite having a losing record.

My first thought when Sanders became the head coach at Colorado was, "So what?" I wasn't born in the Deion Sanders era of sports. I had no idea the prominence he held across the country.

As soon as players began to flock to Boulder, Colorado, I began to pay attention. I saw the potential plateau that came to fruition for the Buffalo, but I was fascinated by one man's ability to turn college football upside down, if only for a couple months.

He opened my eyes to the portal and what it could mean for us in Mount Pleasant. Can we afford a man like 'Primetime' Deion Sanders? No. How-

ever, we can afford the energy and hope that Sanders brought back into Colorado's football program despite having a losing record.

What does the transfer portal and athletes transferring to and from different universities mean for schools like CMU? It means the games don't end once the postseason is over. Whether MAC schools make it to a bowl game or not, it is going to be a competition to see who can try and recruit the best talent.

What's arguably harder is keeping the talent that is already at the university and building a winning program. What could separate us from our conference enemies like Western Michigan or Eastern Michigan? Our recruits.

The MAC is starting to become a starting point for athletes to go to a Power Five conference. Former CMU Marshall Meeder entered the portal after the 2022-23 season, committed to University of Iowa, and helped lead the team to the Big 10 Conference Championship game.

I think the hardest thing is retention. Bigger schools are leeching onto conferences like the MAC. The MAC has National Football League talent come from it. We are capable of creating threats.

We should be fighting back in whatever way we can recruiting transfers that maybe didn't like the playing time they got at bigger schools, or the big university just not panning out and using that to our advantage.

Which brings me back around to what I mentioned before: money talks. Nebraska football Head Coach Matt Rhule said in a press conference earlier in the 2023-24 season that, "A good QB (Quarterback) in the portal costs \$1 million, \$1.5 million, \$2

million."

While schools in the Southeastern, Big 10, Big 12, ACC and PAC 12 can afford to dish out millions on top transfers, Central Michigan and universities like us cannot. How does CMU and others in the MAC like University of Toledo or conference championship winner Miami (OH) University compete?

The answer is that it was already difficult to compete against the cream of the crop before the transfer portal, and even more difficult to compete now. Big schools pay smaller schools millions to play non-conference games in the hopes of a guaranteed win on their schedule.

This does not mean that all hope is lost and that CMU will be an infinite

lull. The Chippewas landed a solid transfer from Notre Dame, linebacker and receiver Nolan Ziegler.

If CMU can continue to land transfers and recruits like Ziegler, an All-American in his high school career, the Chippewas have a chance to be competitive again in the MAC.

The transfer portal is like playing chess not checkers. Instead of recruiting athletes for years through high school, the portal market moves fast, and athletes can commit to another school just days or weeks after entering. This means that schools have to act fast if interested in a certain athlete. In other words, strike while the iron is hot.



Headshot of Hadley Peters



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Leveling the Playing Field

By Sydney Neal
Sports reporter

In collegiate athletics over the years, the rivalries have become bigger, and the fans have become rowdier. Yet, amidst the fun a divide remains between men and women through the struggle for gender equality in college sports.

Over the years, strides have been made to close the gender gap and to level the playing field, including Title IX, which shows an attempt at making progress with this issue. It helped mandate equal opportunities for both male and female athletes in federally funded educational institutions. This paved the way for an increase in participation in women's collegiate sports, bringing a culture of empowerment and inclusivity.

Although legal stances have been taken, the fight for gender equality among collegiate

athletes remains on the rise. The differences in funding, resources and exposure between men's and women's sports are examples of the fight that continues. While football and men's basketball remain the most watched sports in the NCAA, they revenue away from other teams that are mostly dominated by female athletes through coverage, facilities and even the amount of people on the team.

Throughout all divisions in the NCAA, women's participation is over 11% lower than men's participation. Although Title IX ensures that men's and women's sports both have equal opportunity, men's athletics has had significantly more opportunities than women's.

The country first saw a breakthrough when the 2023 Louisiana State University women's basketball team won the NCAA national championship against Iowa. The game saw more than 12.6 million

viewers, hitting a record high, while the men's national championship which saw the University of Connecticut defeat San Diego State University, hit a record low reaching 14.69 million. Many people deemed that the women's tournament was increasingly more interesting than the men's tournament that year.

To achieve true equality, it's important to address disparities head-on. Equal access to facilities, equipment and resources should be a fundamental right. Additionally, the amount of social media exposure and coverage should be equivalent, but there proves to still be a lack of coverage which leads to a lack of fan engagement in women's athletics.

At Central Michigan, social media sites connected to athletics seem to highlight the successes of male athletes over women. The football team is hosted on cable networks like ESPN, while women's soccer and basketball

are getting coverage on subscriber-only networks like ESPN+ that don't get nearly the same revenue.

Recently, high school female athletes have been known to participate in "male-dominated" sports like wrestling and even football. It's more common to see women taking on kicker positions on nearly a 100-man roster. This year, Division One football saw the first female team member take the field at Jackson State University.

Moreover, fostering a society that can celebrate female athletes' achievements instead of just their performance is important to maintaining equality. Recognizing their leadership, resilience and dedication both on and off the field inspires others and brings more attention to these female athletes, encouraging more women to get involved in college athletics.

With all these factors, there

is one important aspect that can guide society to an uptick in collegiate gender equality. Breaking free from stereotypes that pigeonhole certain sports into gender-specific categories is crucial. Embracing a culture where all athletes strive and have no gender boundaries will be pivotal in developing exposure to gender equality.

As we navigate the world of collegiate sports, instead of focusing solely on the outcome of the game, it's important to focus also on the treatment, recognition and opportunities being implemented for all athletes. The road to gender equality in college sports is faced with challenges, but each step forward brings us closer to a future where fairness, respect and inclusivity prevail and where the playing field is level for all.

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Israel-Hamas war: Understanding the division through CMU historians

By Aurora Abraham and Masha Smahliuk

Staff reporter and news editor

This story is the first in a four-part series looking at the Israeli and Palestinian conflict. For additional stories related to the impact of the war in the U.S. and on college campuses in Michigan, read Central Michigan Life.

Here in the United States, “Israel and Palestine” pop up in the news every day since the Oct. 7 attack. However, this conflict has been ongoing for almost a century.

Many Americans have the privilege and luxury to go on with their lives. Meanwhile, the Palestinian civilian population in Gaza Strip has been cut off from food, water and fuel, while under the pressure of constant threat of military strike and relocation.

“(Americans) need to diversify the information ... diversify and



Aurora Abraham | Staff reporter

The photo on the left, showing a ‘Free Palestine’ flag was taken Nov. 19 by staff photographer, Jo Kenoshmeg. The photo on the right, showing a man holding an Israeli flag, was taken Nov. 14 by senior reporter, Aurora Rae Abraham.

know the root of the problem of such people, know their story ... (in order) to be fair,” Nahla Hamdan, a former Central Michigan University adjunct professor of Middle Eastern

History from Lebanon, said.

So, what is actually happening in Israel and when did it take root?

The beginning

The history of the land dates back

to around 1000 B.C.E. when the Kingdom of Israel was founded, Jason Szilagyi, CMU Middle Eastern history faculty member, said.

“For Israelis, they see this as the traditional homeland of the Jewish people,” Szilagyi said. “And they’re looking back with historical precedent.”

In the beginning of C.E., Romans came to the Israeli land, and after the second Jewish Revolt, known as the Jewish-Roman wars, the Israel Kingdom was wiped out. Romans expelled the Jewish population and renamed the land “Palestine.”

“We lived there thousands of years ago and we were forcibly expelled by the Romans and we were sent into diaspora,” they said. “But I also definitely understand why Palestinians want to be there, because they were there for a long time after the Jews were kicked out,” St. Claire freshman Michael Manson, who is Jewish, said.

The Roman Empire resided on

the land until the early 6th century, when the Muslim Arabs conquered the territory, Szilagyi said.

However, the term Palestinian doesn’t refer just to Muslims, according to Shaheer Noor, CMU Muslim Student Association president.

“There’s Palestinian Jewish people, there’s Palestinian Christian people,” he said. “It just refers to people who lived in that area ... they have been living (there) for hundreds and hundreds of years.”

Until the beginning of the 19th century, the area was ruled by different Muslim kingdoms, Professor Szilagyi said. During the First World War, the territory was controlled by the Ottoman Empire.

How was Palestine split into two states?

Great Britain invaded the Ottoman Empire during the First World War and obtained the region of Palestine as a result, Szilagyi said.



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In 1917, the British Foreign Secretary was communicating with the World Zionist Organization, which had been trying to set up the Jewish home state.

As a result, the British cabinet promised the creation of a Jewish homeland in Palestine. On Nov. 2, 1917, then-British Foreign Secretary Lord Arthur Same Balfour wrote a letter to Lord Walter Rothschild explaining the arrangement, a passage now known as the Balfour Declaration.

When the First World War ended, Palestine became a British mandate state, which means that eventually it would become an independent nation.

"There (was) no plan ... put into place for this new state," Szilagyi said. "And you have Palestinian Arabs who are upset about it. You even have the Zionists who are upset about it because there's no timeframe for when the state is going to be created."

More than 60,000 German Jewish refugees immigrated to Palestine during the 1930s, according to the Holocaust Museum's Holocaust Encyclopedia. But in May 1939,

just two decades after promising Palestine as a Jewish homeland, Britain's Parliament approved a policy statement that severely limited Jewish entry into that same country.

Within a decade, Britain pulled out of Palestine.

"Britain decided that it was going to abandon Palestine," Professor Szilagyi said. "It no longer wanted to control that region and wants to withdraw in 1947 ... Britain (turned) the mandate over to the United Nations and basically said that 'this is going to be your issue now.'"

Following the declaration, the United Nations came up with the Resolution 181, known as the Partition Plan. The plan splits the territory into a Jewish state and a Palestinian states.

Fires open between 1940s and 2023

However, the surrounding Arab states didn't recognize Israel, because they didn't want a Jewish country to exist in the Middle East. Lebanon, Syria, Iraq and Egypt launched the Arab-Israeli wars, Szilagyi said.

"What will end up happening is that instead of just taking this chunk they were supposed to, the Israeli military takes (other land) that was supposed to be Palestinian territories," he said.

In 1960s, the Arab states were defeated. Palestinians ended up at the refugee campus, where many still live today.

Meanwhile, Israel was building settlements in the Palestinian territories, Hamdan said.

"Settlements are illegal by international law," Hamdan said. "They kept building settlements, and the settlers are aggressive. ... In West Bank and Gaza, a lot of settlers were shooting Arabs."

Soon Palestinian intellectuals and political leaders formed the Palestinian Liberation Organization, or PLO.

In the 1990s, the Palestinian Authority and Israeli government tried normalizing the relationships, but not everyone supported that, Szilagyi said.

"There are going to be ultra-nationalists on both sides," he said.

As some negotiated with Israel, others broke off and formed orga-

nizations known as Hezbollah in Lebanon and Hamas in Gaza Strip.

The tension continued, and both sides broke into violence several times throughout the subsequent period.

Hamas was founded in 1987 by a Palestinian refugee in Gaza, Sheikh Ahmed Yassin. The organization was formed to protest against Israel's rule in Gaza. Later, it seized control over Gaza from the official Palestinian Authority, according to Associated Press.

What is happening in Gaza Strip today?

On Oct. 7, 2023, Hamas attacked Israel and took hostages, and Israeli Prime Minister Benjamin Netanyahu declared war, according to the AP.

"Media paints the Oct. 7 attack as completely ... uncalled for ... but you also have a history of what Israel has been doing to the civilians of Gaza and the West Bank and the Palestinians living in Israel," Noor said. "This isn't a one-sided thing."

Gaza Strip, a territory of about the size of Detroit, is called an "air prison," he said. That is because water, food and fuel resources are

controlled by Israel; it has no job opportunities; it is watched and "tightly controlled," Noor said.

Netanyahu ordered Israeli troops to enter Gaza. Now, the Palestinians are facing a humanitarian catastrophe, according to AP.

Al Jazeera reported the death toll in Gaza approached 23, 200. The revised death toll from the Oct. 7 attack on Israel stands at 1,139. Hamas still holds around 132 Israeli hostages. Twenty five died in captivity.

On Dec. 12, the United Nations called for "immediate humanitarian ceasefire," according to UN News.

"It's time for diplomacy," Hamdan said. "(United States) should do a call for diplomacy, for real diplomacy."

Editor's note: Senior Reporter Aurora Rae Abraham is Jewish and a former member of Hillel at CMU. In no way did this affect the reporting or writing of this story.



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Monday, Jan. 15 MLK CommUNITY Peace Service 9:30 a.m. Plachta Auditorium Day of Service with the Mary Ellen Brandell Volunteer Center 12 p.m. University Center Rotunda CommUNITY Peace March and Vigil 3 p.m. University Center Rotunda *Pick-up at each residential area	Wednesday, Jan. 17 Keynote Speaker: Donzaleigh Abernathy 6:30 p.m. University Center Rotunda Thursday, Jan. 18 It Starts with Me: A Dr. Martin Luther King, Jr. Showcase 6 p.m. Biosciences 1010 Friday, Jan. 19 MLK Charity Basketball Game 6 p.m. Student Activity Center Small Courts Forum: Courts 5 and 6
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1, 2, 3, 4 and 5 Person 2024/2025 School year – Walk to class! Locally owned and managed. No hidden fees, No application fee, No utility fees. www.qualityapts.com. 989.772.3894	Woodshop online auction. Grizzly bench/floor radial drill press, dust collector, two-speed finishing planer, extra set of planer knives, table saw and more. SherwoodAuctionServicesLLC.com for details and more auctions. 1-800-835-0495.	Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-844-369-2501.
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MAROON

Southpoint/Winchester	:15	:45	EVERY 1/2 HOUR
Village at Bluegrass	:21	:51	EVERY 1/2 HOUR
University Meadows	:25	:55	EVERY 1/2 HOUR
Union Square	:29	:59	EVERY 1/2 HOUR
Target			UPON REQUEST
Music Bldg. - Lot#33	:42	:12	EVERY 1/2 HOUR
Washington/Ojibway	:44	:14	EVERY 1/2 HOUR
Anspach/Pearce	:45	:15	EVERY 1/2 HOUR
Ronan/Grawn	:47	:17	EVERY 1/2 HOUR
Main St./Gaylord	:48	:18	EVERY 1/2 HOUR
MMC/DOAN CENTER			UPON REQUEST
Washington/Clayton	:05	:35	EVERY 1/2 HOUR
Larzalere	:06	:36	EVERY 1/2 HOUR
Wightman	:07	:37	EVERY 1/2 HOUR
Park Library	:08	:38	EVERY 1/2 HOUR
Music Bldg. - Lot#33	:12	:42	EVERY 1/2 HOUR

GOLD

SAC/McGuirk	:13	:43	EVERY 1/2 HOUR
Stadium Mall			UPON REQUEST
TJ Maxx			UPON REQUEST
Walmart			UPON REQUEST
Copper Beech	:26	:56	EVERY 1/2 HOUR
The Reserve	:28	:58	EVERY 1/2 HOUR
Jamestown	:30	:00	EVERY 1/2 HOUR
Yorkshire Commons	:33	:03	EVERY 1/2 HOUR
Music Bldg. - Lot#33	:42	:12	EVERY 1/2 HOUR

DEERFIELD

TOWERS @7/11	:15	:45	EVERY 1/2 HOUR
Deming Edgewood	:16	:46	EVERY 1/2 HOUR
Westpoint Village	:18	:48	EVERY 1/2 HOUR
Deerfield Village	:20	:50	EVERY 1/2 HOUR
Lexington Ridge	:25	:55	EVERY 1/2 HOUR
Theunissen Stadium Lot#70	:27	:57	EVERY 1/2 HOUR
Commuter Lot #75	:29	:59	EVERY 1/2 HOUR
SAC/McGuirk	:30	:00	EVERY 1/2 HOUR
Music Bldg. - Lot#33	:42	:12	EVERY 1/2 HOUR

EFFECTIVE AUGUST 2022

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MONDAY - FRIDAY 7:00 AM - 7:00 PM

8:00PM & 10:30PM RETURN FROM PARK LIBRARY TO APT.
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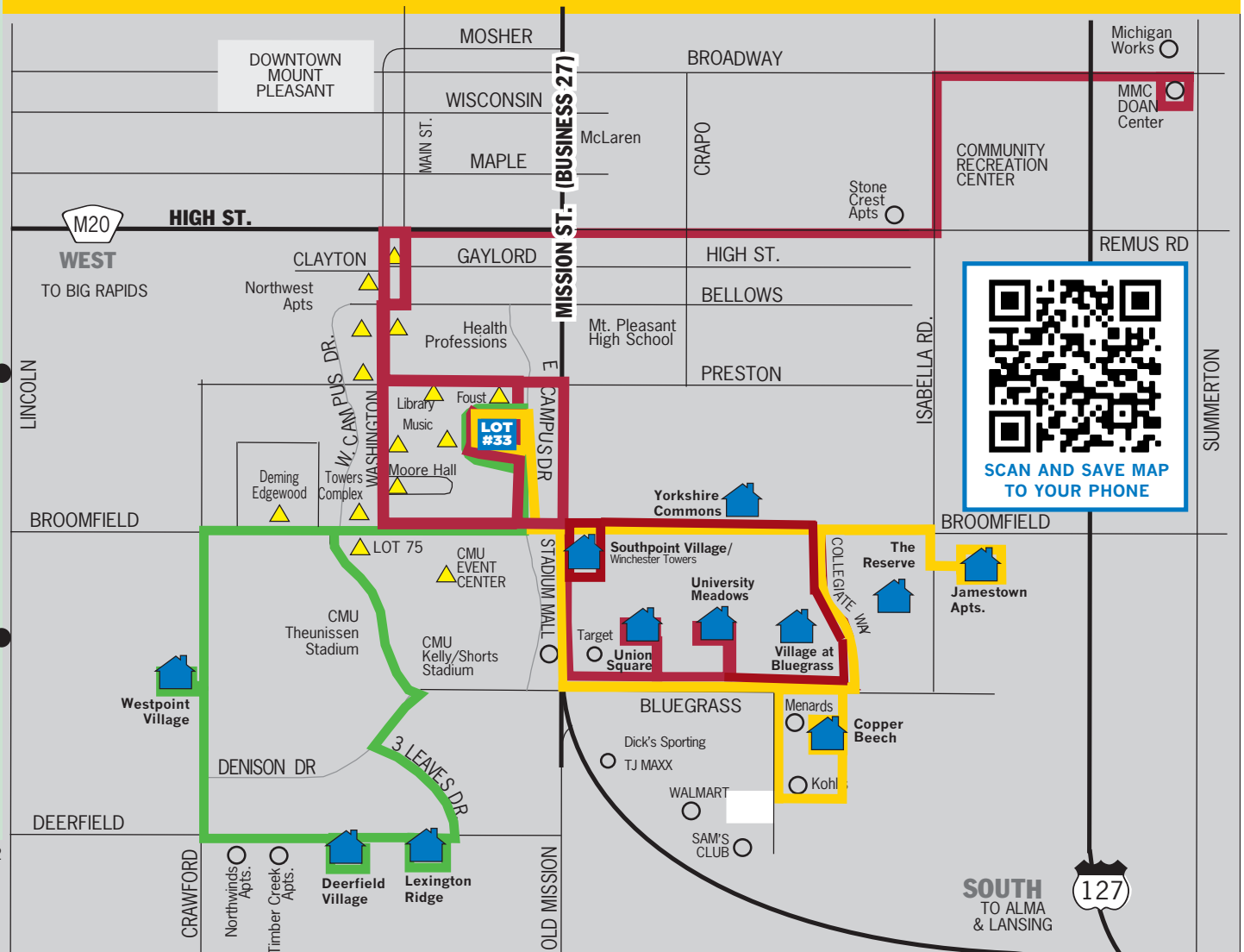
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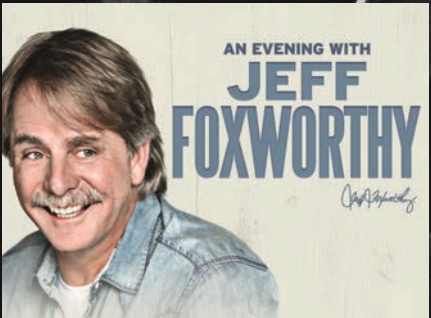
DRU HILL AND GINUWINE

FRIDAY, JANUARY 26 | 8PM
\$45, \$55, \$71, \$78



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SATURDAY, FEBRUARY 3 | 8PM
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